

# Ironbark Exercise Program

The Ironbark project is a healthy ageing exercise program. We are inviting Aboriginal & Torres Strait Islander people aged 45 years and older to meet weekly for this exercise program that caters for all fitness levels and builds strength & mobility.

**When: Every Thursday starting 2nd March**

**Where: Phyxyou physiotherapy & rehabilitation**

**6/152 Greenmeadows Drive, Port Macquarie**

**Time: 10:30am-12 noon**



Contact Tristram for more information:

0475 900 252

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Doctors clearance required...

This program is part of healthy ageing Study...

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